



# Tom Wootton



author of  
*The Bipolar Advantage*  
and  
*The Depression Advantage*

Tom Wootton is a truly original voice in the field of mental health.

He uses his own experience as a bipolar person to show how people living with mental illness can take control of their lives.

His approach emphasizes how insight and wisdom can transform mental conditions into an advantage rather a deficit.

Wednesday, January 13, 7 pm  
Mountain View Public Library CommunityRoom  
585 Franklin Street  
Mountain View, CA 94041  
650 903 6337